Umpqua Community College
40 YEARS
Learning: A life-changing experience.

INSIDE: Winter driving safety Global warming Avoiding the Freshman 15

The Mainstream

P.O. Box 967, Roseburg, OR 97470 Vol. 31, Issue 1 November 05, 2004

Board chooses Blaine Nisson as UCC President

FORREST LEISNER
The Mainstream

The UCC Board of Directors in an executive session Monday night selected candidate Blaine Nisson, vice president of Clark College, to replace resigning president David Beyer.

An open public meeting immediately followed with only one item on the agenda—the employment of the new president. With the surprise resignation of current UCC President, Dr. David Beyer, on Sept. 27, the first day of fall term, the last six weeks have left UCC looking for a president.

After narrowing it down to four candidates, the board unanimously decided to offer the position to Nisson at the Monday night meeting.

Board members Lenore Paulsen and Shirley Cairns had compiled a report following an on-site evaluation of the future UCC President. The report was presented to the board in the executive session and discussed prior to the decision.

"After interviewing almost 30 people, we found a unanimous affection, admiration and respect for Dr. Nisson," said Board Member Lenore Paulsen, who along with Board Member Shirley Cairns performed the on-site campus evaluation of Nisson.

"One person [at Clark] said, 'He is always fair, reasonable, professional, always a gentleman and collaborative.' I think he will be a great asset to Umpqua Community College," said Paulsen.

As part of her on-site interview, Cairns had dinner with Nisson and his wife and found the future president to be "extremely nice."

"On the on-site interview everything was extremely positive with Dr. Nisson. I had a delightful dinner with him and his wife. It was very informal; it wasn't an interview dinner. They were a very nice couple," said Cairns.

"I think that once the staff get to know him they will like him very, very much," said Cairns.

After the 7-0 vote to hire Nisson, Board of Director's Chairman Del Blanchard called Nisson by telephone and asked, "Are you prepared to take over as president of UCC on Nov. 12?" Nisson replied, "I'm not only prepared, but honored…. I look forward to working with you. I look forward to working with the community."

Nisson will be on campus Mon. through Wed. Nov. 8 through Nov. 10. Lee Salter, executive assistant to the president, said Nisson will be spending the day shadowing Beyer to see what the daily life of the President entails. Nisson will also be attending the Nov. 9 board of directors meeting.

Nisson will officially start his presidency on Nov. 15. After leaving, current UCC President David Beyer will start his new job as president at Wenatchee Valley College in Wenatchee, Wash. Beyer took the position to be closer to his son, Tom, a senior in high school. •

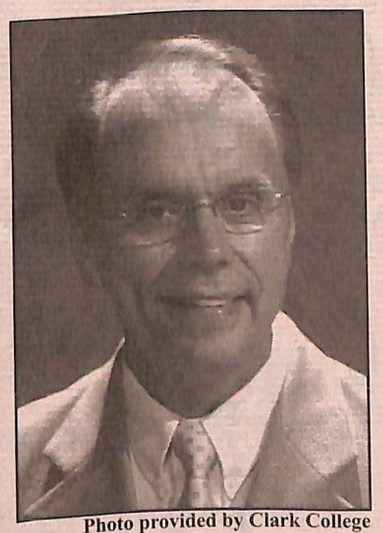


Photo provided by Clark College
NISSON

Blaine Nisson's prior work experience:

- Acting President Clark College April-July 2002 and July-Aug. 2003
- Dean of Student Development Rock Creek Campus, Portland Community College July 2000-Sept. 2001
- Interim Director of Financial Aid Clark College Dec. 1999-July 2000
- Director of Student Affairs University of Washington June 1998-Sept. 1999
- Dean of Students Centralia College Sept. 1991-June 1998
  - o Consultant Front Range Community College 1992
  - o Intern State Board for Community and Technical Colleges June 1997 Aug.1998
- Linn-Benton Community College 1981-1991
  - o Division Director, Student Services and Enrollment Management March 1989- Aug. 199
  - o Director, Admissions, Records and Student Programs Aug. 1985 March 1989
  - o Director, Student Programs July 1983-Aug. 1985
  - o Coordinator, Student Activities/Admissions Assistant Sept. 1981 July 1983
- Coordinator, Student Employment/Financial Aid Counselor. Idaho State University 1978-1981
- Recruiter/Counselor, Educational Talent Search Idaho State University May 1977-Sept. 1977
- Counselor, Financial Aid Idaho State University 1976-1977
- Assistant Director, High School Relations Idaho State University 1973-1975

Fall Registration News

It seems the fall term has only just begun, and yet the end of the term is quickly approaching on Dec. 10. To

office hours, academic calendar, academic standards, appeal deadlines, forms, and open and closed classes and a list

1964-2004: 40 Years of Educational Excellence

UCC commemorates 40th anniversary with gala

instrumental accompaniment and a cappella.

Master of Ceremonies Neil Hummel of Century 21- Neil Co. Real Estate gave the welcome address and introduced the guest speakers, all of whom were former UCC students. The speakers recalled their fondest memories of college and expressed

ries of UCC," which provided illustrations of UCC's evolution over the past 40 years. Viewers were allowed a brief but touching glimpse into UCC's past. The presentation showcased events ranging from the first graduating class of 1964 to the 2004 ground breaking ceremony for the new amphitheater. Also included

to Umpqua Community College. The Blanchards received a commemorative wooden box and plaque.

UCC President David Beyer presented awards to the newest additions to the UCC Hall of Fame. Qualifications for entry into the UCC Hall of Fame include at least 20 years of work and an exceptional record

register for winter or spring term, visit the Counseling Center and Registration 8-4 p.m. Mon-Fri, and 8-6 p.m. Tues. Returning students may register at any time; however, new degree seeking students need advisor clearance to register for multiple terms.

Do you need to know what other deadlines are approaching? Need a Registration Form or Final Exam schedule? Want to see if an upcoming class is available? Yes? Well, all this information is available on the main UCC home page, www.umpqua.edu under the link "Student Information services." Also available on this site: of online classes with updates for winter 2005 will be coming soon.

A few final and important notes:

• The withdrawl deadline for fall term is Nov. 29, and please remember that withdrawn classes will be listed as such on your transcript.

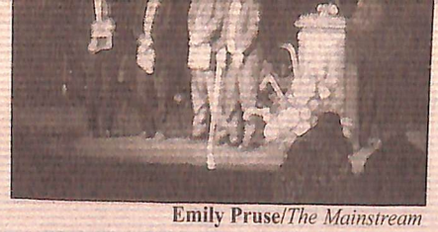
• Be sure to prepare for final exams which will be held Dec. 6 through Dec. 10.

• Don't show up for school on Nov. 11, 25 and 26, because no one will be here... the cam-

EMILY PRUSE
The Mainstream

UCC celebrated 40 years of learning on Saturday, Oct. 23 in Jacoby Auditorium with an anniversary commemoration. The gala began at 6:30 p.m. with refreshments provided by Aromatica's Feast and ended at 9:00 with stargazing and wine-tasting compliments of Wild Rose Vineyards.

The main ceremony was opened at 7:00 p.m. by the Umpqua Singers, directed by Dr. Jason Heald. The group performed several pieces of 1960's era music to set the mood for the celebration, singing with both



Emily Pruse/*The Mainstream*

New Hall of Fame inductees are honored at Gala.

for being able to attend UCC.

"If I was asked what the best thing about UCC was, I couldn't answer," said guest speaker Mona Shimer in her address. "There is no single best thing about UCC."

Mike Keizer, also a UCC Alumni and guest speaker, agrees heartily. "I can't say enough good things about Umpqua Community College," Keizer said. "In many respects, UCC is the cultural center of Roseburg."

Following the guest speakers was a slide show, titled "Memo-

show were photographs of the staff and students who have experienced UCC over the past 40 years. Especially interesting were photographs of current faculty taken in the seventies and eighties. As Neil Hummel commented after the presentation, the photos represented the good old days "when we were all young and had hair."

The celebration also included an awards ceremony. The 2004 Friends of UCC Award was presented to Del and Evelyn Blanchard for their contributions

Inductees must also be at or near retirement. This year's inductees were Dr. Dale Ritter, Tom Keel, I.S. (Bud) Hakanson and Leo Crisman. Pictures of Hall of Fame members are displayed in Jacoby Auditorium.

The ceremony ended with an encore performance by the Umpqua Singers, followed by stargazing and wine-tasting in the courtyard and lobby.

"Can you imagine Douglas County without UCC?" asked Beyer in his closing speech. "It's an impossible thought." Growing from a mere four buildings in 1964 to its current status and serving over 14,000 students every year, UCC has become an important asset to the commu-

Hiratsuka show opens at UCC Gallery

EMILY PRUSE
The Mainstream

Yugi Hiratsuka, a professor of art at Oregon State University, will showcase his art at the UCC Art Gallery from Nov. 1 through Dec. 10. Hiratsuka's etchings, relief printings, and chine collé have been exhibited worldwide and have received numerous awards and recognitions.

Yugi Hiratsuka moved to the United States from Osaka, Japan in 1985. He has studied printmaking and art education in universities in both countries and has been teaching printmaking at OSU since 1992. Hiratsuka's artwork uses the techniques of etching, relief printing and chine collé, all of which employ print work, to create images of ancient and contemporary Japanese life. Two Japanese stylistic schools, Ukiyo-e and Zen, have great influence on Hiratsuka's work. Ukiyo-e, or "floating world," is a colorful form of woodblock prints that was made popular in the 17th century as whimsical, affordable works of art, often depicting the lives of commoners, actors, and courtesans. The art of Zen stresses the importance of suggestion over expression.

In honor of Mr. Hiratsuka's exhibition, Umpqua Community College will be hosting both an artist's talk and a woodblock printing workshop Nov. 5 in the Whipple Fine Arts Building. The artist will speak at a reception where students and staff can come meet the artist for an introduction and discussion of his work. The reception will be held in the Art Gallery and Centre Stage Theatre from 5 p.m. to 7 p.m.

The woodblock printing workshop will be held in room FA 20 of the Whipple Fine Arts Building from 11 am to 3 p.m. and will instruct students on how to transform drawings into woodblock prints. Participants are asked to bring a lunch and a finished black-and-white drawing. Workshop fees are $40.00 per person. This amount includes all supplies and use of carving tools.

The Art Gallery at UCC is open Monday through Friday during regular business hours. Located in the Whipple Fine Arts Building lobby, the Art Gallery is open to the public. The Fine Arts department also sponsors the student art gallery on the second floor of the Fine Arts Building.

For further information on workshops or gallery exhibits, call (541) 440-4692 or e-mail Susan Rochester at rochess@umpqua.edu

"Fragrances" by OSU art professor Yugi Hiratsuka portrays a Japanese print making technique in a strikingly masculine image with a flowering motif. The centralized narcissus or daffodil in juxtaposition to the enlarged face evokes a question of narcissism, the unbalanced love of self.

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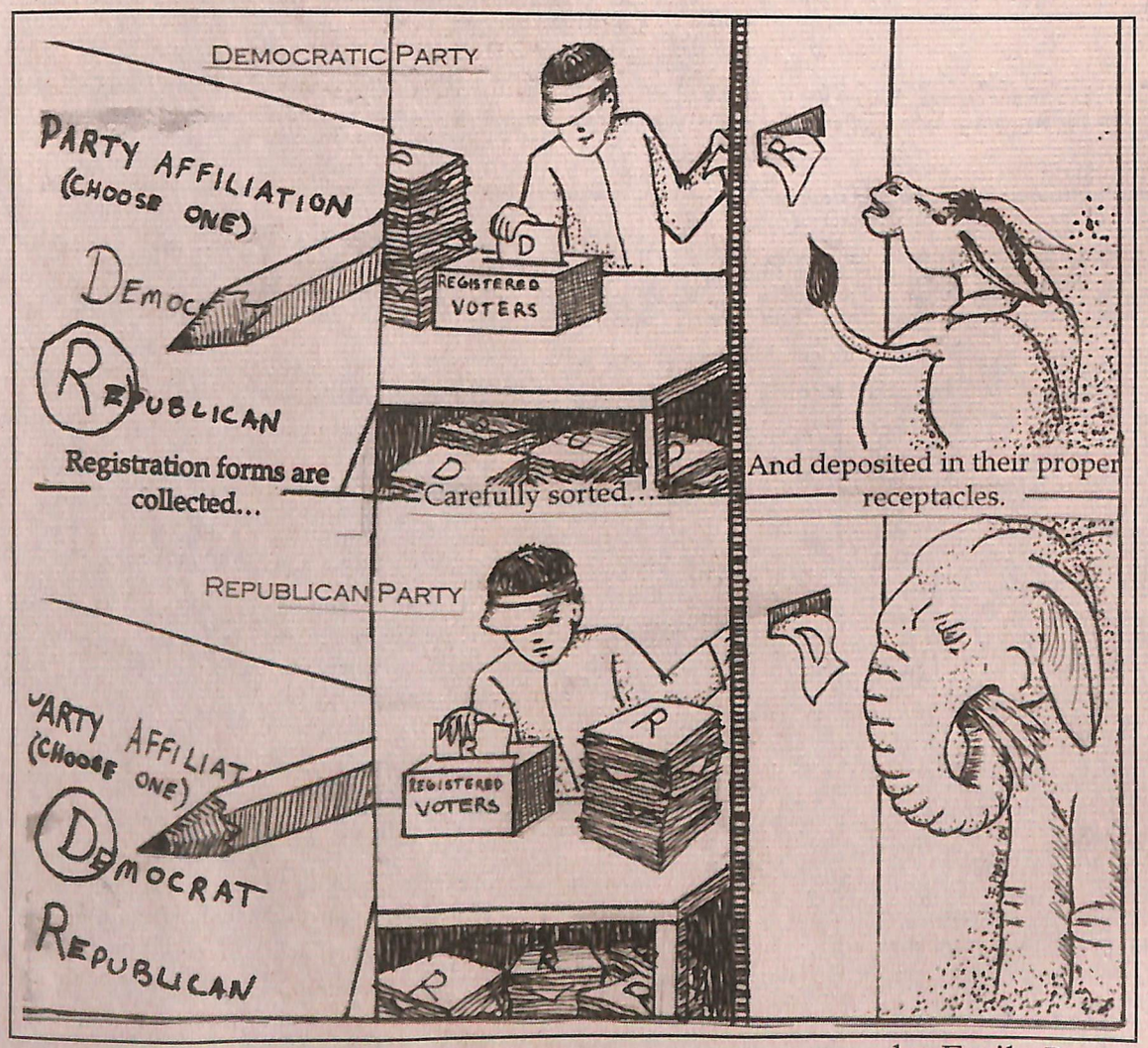
THE VOTER REGISTRATION PROCESS



by Emily Pruse

Lose something?

On Oct. 27, sometime during the afternoon, some poor unfortunate soul decided to leave their scientific calculator whilst traveling on the purple route (also known as the Winston route) of the Umpqua Transit. To claim your lost mathematical mechanism, please contact the Umpqua Transit by visiting their office located in the court house or by calling (541) 440-3587 to make arrangements for pick up.

Letter to the Editor:

When is it socially acceptable to violate the rights of others? As a disabled veteran I take a hard line towards persons who continually violate my earned rights. I have the right to ride my motorcycle any time I choose to and to park in a designated place that provides a safe environment for me and my motorcycle.

This year is just starting and some students are finding it easier to park in the motorcycle only spaces behind the PE & pool area instead of parking higher up in open spaces, or getting here earlier to find a good space.

The Dilemma; do we track down these students and assist them in finding tutors in reading, or get them to enroll into Social Studies so they can learn about the sacrifices made by thousands who are serving and served to defend the rights of all who live here?

Bad judgment is no excuse for common courtesy.

Respectfully,
Jesse A. Morrow

Photo provided by Fire Science Coordinator Jesse A. Marrow. The photo depicts what Marrow calls, "Social violators caught." In it a car is parked in a reserved motorcycle parking space. This parking space is located behind UCC's gym.

Photo provided by Jesse A. Morrow

The Mainstream

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Submissions

The Mainstream welcomes non-staff submissions, including the following:

- articles about campus events, student and employee-related stories, UCC issues
- letters to the editor (500 words or fewer)
- short fiction or essays (500 words or fewer)
- poetry (under 30 lines, not including blank lines)
- photos, especially those with a campus slant. Please note–if there's a person in the picture, we need his or her name and rank, i.e. student, math instructor, etc.

The editor or advisor may limit the number of submissions from any one source. All

Unruh Grant funds local cultural events

Slideshow Savvy

The Fine and Performing Arts Department was given $10,000 as a grant from the Dr. John and Betty Long Unruh Fund of the Oregon Community Foundation. The money funded part of the summer musical, "Oklahoma!," supported the summer music festival for Douglas County young musicians, helped install an art gallery wall display system will be paying for and Centerstage Theatre equipment upgrades.

The most widely known public performance put on by Umpqua Community College is the annual summer musical. Around $3,800 of Unruh grant money was used to partially cover some of the scene design and royalty fees.

The Summer Festival Orchestra for young musicians and [illegible] Tuesday, June 22, included a performance by the Bloch Festival String Quartet and featured Peter Frajola, Mara Lese Gearman and Ken Finch of the Oregon Symphony, and Mikylah McTeer of the San Juan Symphony. Also held at the First Presbyterian Church, Position Zero featured trumpet soloist, Andrea Gray.

The UCC art gallery's new Walker Picture System preserves the department's walls by protecting art securely without using nails. It is an aluminum molding that gives the gallery a professional appearance. The cost of the system was around $1,000.

Around $3,300 was spent to improve safety and stage production in the Centerstage Theatre. Old lighting and part of the sound system has been improved.

Phi Theta Kappa, UCC's honor society, in association with the Computer Club will be hosting an informative student tutorial on the Microsoft PowerPoint software Nov. 5 from 1:00 to 2:00 p.m. in Wayne Crooch Hall, rooms 11 and 17 (conjoined computer lab). Students attending the how-to demonstration will learn the basics of creating an electronic slideshow for class speeches or business presentations.

The demonstration will cover a variety of topics ranging from basic layout and slide progressions to animations. Key speaker Jeannine Schneider, aided by members of both Phi Theta Kappa and the Computer Club, will help students to build computer skills necessary for college success.

[illegible] be useful in a variety of other classes for presentations. Participants will be given the opportunity to create their own short slideshows during the workshop.

This event marks the first of several student help presentations that Phi Theta Kappa plans to host this year. The club's goal is to put on one of these demon- [illegible] lege courses," says Jacquie Gamble, Phi Theta Kappa's chapter president. According to Gamble, this demonstration is aimed towards "students seeking to save time by improving their technical skills in PowerPoint and increas[ing] their chances of success." Future presentations will discuss topics such as employment skills.

Phi Theta Kappa and the Computer Club extend an invitation to all UCC students to attend today's demonstration. Admission is free. Participants are asked to bring a 3.5" floppy disk to save their work.

For more information about Phi Theta Kappa and its future activities, contact Faculty Advisor Dee Winn at dee.winn@umpqua.edu.

WANTED:

Bake it, stuff it, stick it in the rotisserie, deep-fry it, glaze it, grill it, microwave it, or smoke it. Whatever your flavor, send in your favorite turkey recipe to us by Nov. 12, and *The Mainstream* staff will gladly try them out! Then, in the next issue, we will announce, print and review the best recipe, and award the winner a grand bird for their Thanksgiving enjoyment! Please remember to put your name and phone number on the recipe you submit.

Back: Scott Clary, Robert Jones, Emily Pruse, Melinda Benton (advisor), Lacey McKim, Heather McCasland, Front: Dennis Johnson, Forrest Leisner (editor), Jessica Perry (editor)
Not Pictured: Arnold Dilworth (office manager)

The Mainstream is a professional publication written to promote the activities, events, and interests of Umpqua Community College and its students, and staff. Its primary focus is on hard news relating to campus events or personnel, especially as students are affected, but features, art work, and poetry are also accepted at the editor's and advisor's discretion.

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It's gettin' hot in here

Global warming and it's impact on the Northwest

JESSICA PERRY
The Mainstream

Is globalwarming real? UCC student Toni Hagan thinks so. She said she has already observed changes in Oregon's climate over the last nine years that she has lived here. "It used to rain a lot more. I've definitely noticed a change." She and over 100 other community members met to discuss the effects of global warming and solutions for reversing it.

Dr. Philip Mote, a climatologist at Washington State University, spoke at the Douglas County Library Thursday, Oct. 21. The event was presented by the Douglas County Global Warming Coalition. Mote is a frequent speaker on the subject of global warming throughout the Pacific Northwest.

A handful of UCC students were present at the talk, jotting down notes. While many were there to receive extra credit for Ken Carloni's biology and physical science classes and Cindy Shroba's geology class, the students expressed their genuine interest in doing something about global warming. Skylar Sandplanation of the science behind global warming and followed with suggestions about what to do about it.

Gasps came from the audience when Mote said one gallon of gas produces 20 pounds of carbon dioxide when burned in the average automobile. "This may seem like a high number when you consider that a gallon of gasoline weighs about six pounds," explained Mote, "but in the burning process, gas combines with oxygen to form heavier molecules."

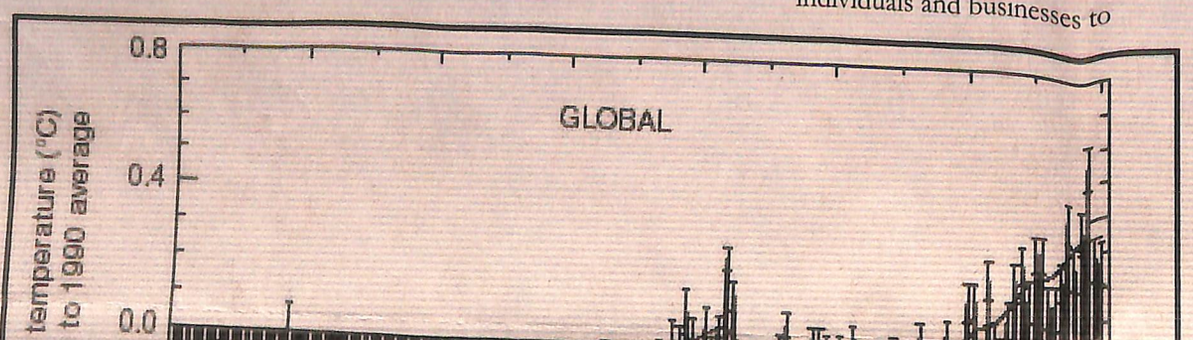
Jessica Perry/*The Mainstream*

Dr. Philip Mote spoke at a forum Oct. 21 to discuss the causes of global warming and its impacts on the Northwest.

The greenhouse effect occurs when radiation from the sun is trapped by atmospheric greenhouse gases such as water vapor, carbon dioxide and methane. The greenhouse effect is not harmful in and of itself, only when levels of greenhouse gases get too high. "In fact," explained Mote, "we need greenhouse gases to heat the planet and maintain life as we know it."

affect farmers, salmon cycles and water resources as well as timber reserves. Oregonians might see a shorter ski season as well. Flooding, landslides and forest fires might also result from short, wet winters and dry, hot summers.

In early 2004, Governor Ted Kulongoski appointed an Advisory Group on Global Warming to develop an approach to reducing greenhouse gas emissions that threaten Oregon and the planet. The Advisory Group has prepared a draft report available for viewing at www.energy.state.or.us and welcomes comments from the public through Nov. 15. Their goal is to arrest the growth of Oregon's greenhouse gas emissions by 2010, reduce the levels to 10 percent below 1990 levels by 2020 and to reduce them to 75 percent below 1990 levels by 2050. The goals should allow strong action as well as time for individuals and businesses to



itz. The group participated in the Earth Day fair earlier this year and supports educational outreach to the community. They distribute a video called "The Day the Oceans Boiled" to local high schools to promote awareness of global warming. Liebowtiz is clearly dedicated to getting the word out on global warming. "We *can* do something about global warming," he stressed.

Mote read a statement made in 2001 by the Intergovernmental Panel on Climate Change: "There is new and stronger evidence that most of the warming observed over the last 50 years is attributable to human activities."

"These activities," noted Dr. Mote, "are continuing."

Carloni agreed that global warming is undeniable and largely due to human activities. "Global warming is being measured in multiple ways. Five of the warmest years on record took place in the last six," said Carloni. Opponents of the global warming theory cite natural warming and cooling cycles as the cause of any perceived warming period. "It's true that human activities aren't the only things that affect the climate, but they are the major thing," continued Carloni. "The planetary cycles suggest that we should be going back to a cooling period. Paradoxically, global warming may be mitigated by this cooling age."

Carloni said that this cooling age, also dubbed the "Little Ice Age," hit the Pacific Northwest in the early 1800's, but was reversed by increased greenhouse gases caused by industrial activi-

methane, which is 60 times more powerful than carbon dioxide as a green house gas, could result in a "positive feedback system." Methane would heat the atmosphere, causing more methane to go into the atmosphere, compounding the warming trend. According to Carloni, there is strong evidence that 55 million years ago a huge release of methane may have caused vast extinctions on Earth.

Climatologists use proxy records—tree rings, corals and ice samples—to determine what the climate was like and which gases were present in the atmosphere thousands of years ago. Though the climate goes through natural fluctuations in temperature and gas concentrations, the last time carbon dioxide levels were at present levels was 20 million years ago, according to Mote.

climate has to catch up. This is known as the global warming commitment."

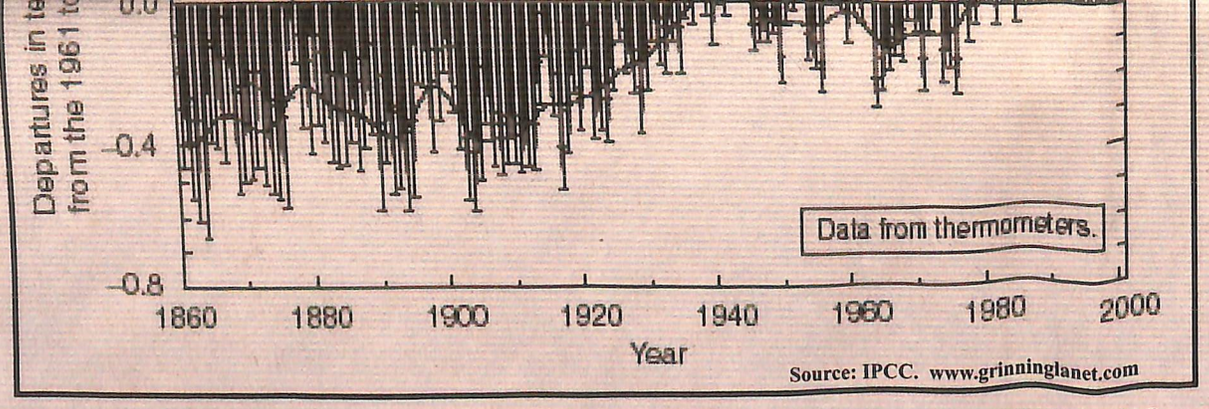
Mote said that if humans changed their way of life, global warming could be curbed. "These changes are not set in stone. We do have some choice." He said reducing energy dependence on fossil fuels would have a great impact. Mote said that people should start using renewable resources such as solar and wind power and consider switching to a biodeisel or hybrid vehicle. "We have to do more with less," said Mote.

"Purchasing a hybrid sends a big message to corporate America," he said, "but individuals have to take responsibility." He suggested using less electricity, walking instead of driving, skipping road trips and air travel and to stop waiting for everyone else

Think global warming is beyond your control? Think again. Simply reducing the amount of energy you use can make a difference and save you money, too:

- Recycling saves energy. Glass bottles, jars, newspapers and magazines and tin cans. Save them and take them to local recycling centers.
- Re-use plastic shopping bags and envelopes.
- Use paper on both sides.
- Try to buy products that don't use much packaging.
- Give unwanted gifts and clothes to charity.
- Unplug appliances you are not using like VCRs, stereos and DVD players.
- Carpool.
- Switch lights off when you're not in the room.
- Ride your bike, walk or take public transportation.
- Switch to a power company which provides green power—light bulbs and will save you money in the long term.
- Insulate your home to ensure that heat or air conditioning is not escaping through windows and cracks.
- Use efficient showerheads. --
- Purchase appliances that are the most energy efficient you can afford.

—Adapted from greenpeace.org and www.bbc.co.uk



This chart, used by Dr. Phillip Mote in his presentation, shows the fluctuation of the average global temperature over the past 140 years.

ers, a second-year student and outdoor recreation major, said that he had heard a lot of the information before, but he was glad to be reminded about the impact of global warming. "I'd like to be able to ride my bike or carpool, but I live out in Lookinglass. If I could find someone to carpool with, I might do it."

The talk began with an ex-

Mote made it clear that the Pacific Northwest would not escape the effects of global warming. He said that changes might include a decrease in extreme cold events, an increase in winter precipitation, a decrease in summer precipitation and fluctuations in El Nino patterns. In a warmer climate, the winter flow of rivers would increase, spring snow melt would occur earlier and stream flow would decrease in the summer. This would adjust.

Mote was impressed that over 100 people showed up to the talk. Stuart Liebowitz, a founding member of the coalition, said that he wasn't surprised by the turn out because "we have an advantage over large cities. We are a small town, we talk to each other."

The Global Warming Coalition, formed about two years ago, includes a core group of 11 or 12 members and an extensive group of contacts, said Liebow-

and Clark were in Astoria [about 1812]—it was snowing! When was the last time it snowed in Astoria? That was the beginning of the [cooling] trend, and then it stopped and went the other way." Carloni added, "It's hard to escape the conclusion that humans are directly contributing to global warming."

Carloni was disappointed that Mote did not have time to address the issue of "carbon sinks," areas on the Earth's surface which store carbon. "Only half of the carbon dioxide emitted can be found in the atmosphere." Some of this carbon is stored in methane hydrates, water ice crystals which trap methane, a powerful greenhouse gas. In other words, methane hydrates occur in slushy masses under the surface of the ocean, river deltas and permafrost layers. "There is strong evidence that warming the oceans by just a few degrees could release this trapped methane." A significant discharge of

now which will affect the climate in the future," warned Mote. "The climate we are experiencing now is a result of the gas levels present 20 years ago. The

encouraged promoting corporate responsibility, Mote stressed individual action. "Don't wait for Kyoto to be ratified. We can change things." •

Interested in carpooling? The Mainstream will post an envelope outside the the journalism lab (SNY 11). Print your name, city and phone number to connect with others in your area who are looking for someone to carpool with. You'll help the environment and save money on gas!

Calculate your individual greenhouse gas production at the following website. You may be surprised by the results:

http://yosemite.epa.gov/OAR/globalwarming.nsf/content/ResourceCenterToolsGHGCalculator.html

Or follow the links: go to http://www.epa.gov, select "Global Warming," select "Resource Center," go to "Tools," click on "Calculators," and go to "EPA's Online Personal Greenhouse Gas Calculator."

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Flu Prevention

A nationwide shortage of flu vaccine ensures only high risk groups will get vaccine, but there are natural ways to combat this year's cold and flu season

JESSICA PERRY
The Mainstream

While no cases of the flu have been reported in Oregon yet, people are very concerned that they may not get the flu shot. On Oct. 8, the Oregon Department of Human Services created guidelines for health care professions about which groups are eligible to receive the flu vaccine. Only those people in high-risk groups, such as young children, the elderly, individuals with chronic illness, women who will be pregnant during the flu season and health care workers, will get the vaccine.

Additionally, anyone 65 or older is recommended to get a pneumoccoccal vaccination, because pneumonia can seriously complicate the flu.

DHS recommends that persons in high-priority groups who have not yet received the vaccine should contact their primary care provider. A statewide flu hotline (800) 978-3040 has been set up by DHS to provide information and updates about the 2004– 2005 flu season. It is active Mon. – Fri., 8:30 a.m. to 5:00 p.m.

You can prevent the spread of infection using common sense hygiene rules:

• Wash your hands often with soap and hot water, especially before meals and after being in public places such as restrooms, dining areas and stores.

• Cover your mouth with a tissue or shirt sleeve when you cough, sneeze, or yawn to stop the spread of germs.

• Avoid contact with anyone who is sick.

• Stay home when you are sick. Keep your distance from others to prevent them from getting sick

• Avoid touching your eyes, nose or mouth. Germs are spread when a person touches something contaminated and then touches his or her face

• Don't smoke. Smoking makes people more susceptible to respiratory complications.

• Don't drink, or drink only in moderation. Alcohol can lower immune response.

• Eat a well-balanced diet rich in zinc and vitamin C. Dietary sources include shellfish, beef, other red meats and eggs. Nuts and Legumes are good vegetarian sources.

If you do contract the flu, natural remedies can help get you well again. In addition to eating a diet rich in fruits and vegetables, getting plenty of sleep and avoiding stress, adding these to your diet will give your immune system a boost:

• Green tea—A natural immune booster, green tea has been shown in studies to be an antiviral and anti-bacterial remedy. If drinking it is not your cup of tea, it is also available in capsule form

• Black elderberry extract—This natural antiviral is available at health food stores as a syrup, lozenge or capsule.

• Garlic—A time-tested therapy, garlic has been used as an antibiotic and antiviral for centuries. Odorless garlic remedies are available which don't cause garlic breath. Some nutritionists are concerned that the process that removes the odor also removes the essential ingredients and recommend enteric-coated garlic, a coating that helps the pill dissolve deeper in the digestive track. This prevents garlic breath and retains garlic's helpful properties.

• Vitamin C—Increase your chances of beating the cold and flu season by taking this vitamin daily. This immune booster is even more effective if taken at the first signs of a cold or flu. Some studies show that vitamin C can benefit people who are malnourished or under stress. •

Bi-weekly publication of Umpqua Community College

The Mainstream

Volume 31, Issue

Outdoor Club tours the waterfalls of the North Umpqua

Students enjoy the tour of the falls, but Outdoor Club is getting off to a slow start. The club is looking for students interested in joining to help get the ball rolling

FORREST LEISNER
The Mainstream

For five years UCC's Outdoor Club has caught the nature loving eye of UCC students. With activities like hiking, tree climbing, paddling and visits to the Oregon Coast Aquarium and the Lava Beds, the group combines educational information for students majoring in the sciences and offers a chance for outdoor enthusiasts to enjoy their surroundings.

For Outdoor Club Advisor Ken Carloni said the club acts not only as an educational unit but also as a social unit. "Part of it is a chance for folks to learn about the world around them, part of it is for students to experience the unique parts of the region and part of it is to have a social outing as well as academic," said Carloni.

On Oct. 23, the group went on its first outing, a tour of the Waterfalls of the North Umpqua, with planned stops at Watson Falls, Clearwater Falls and Toketee Falls.

The group made a brief stop dropping water smashing against the rocks below forms a light layer of mist. While this might be a refreshing experience in the summer, students had varied responses in the fall air.

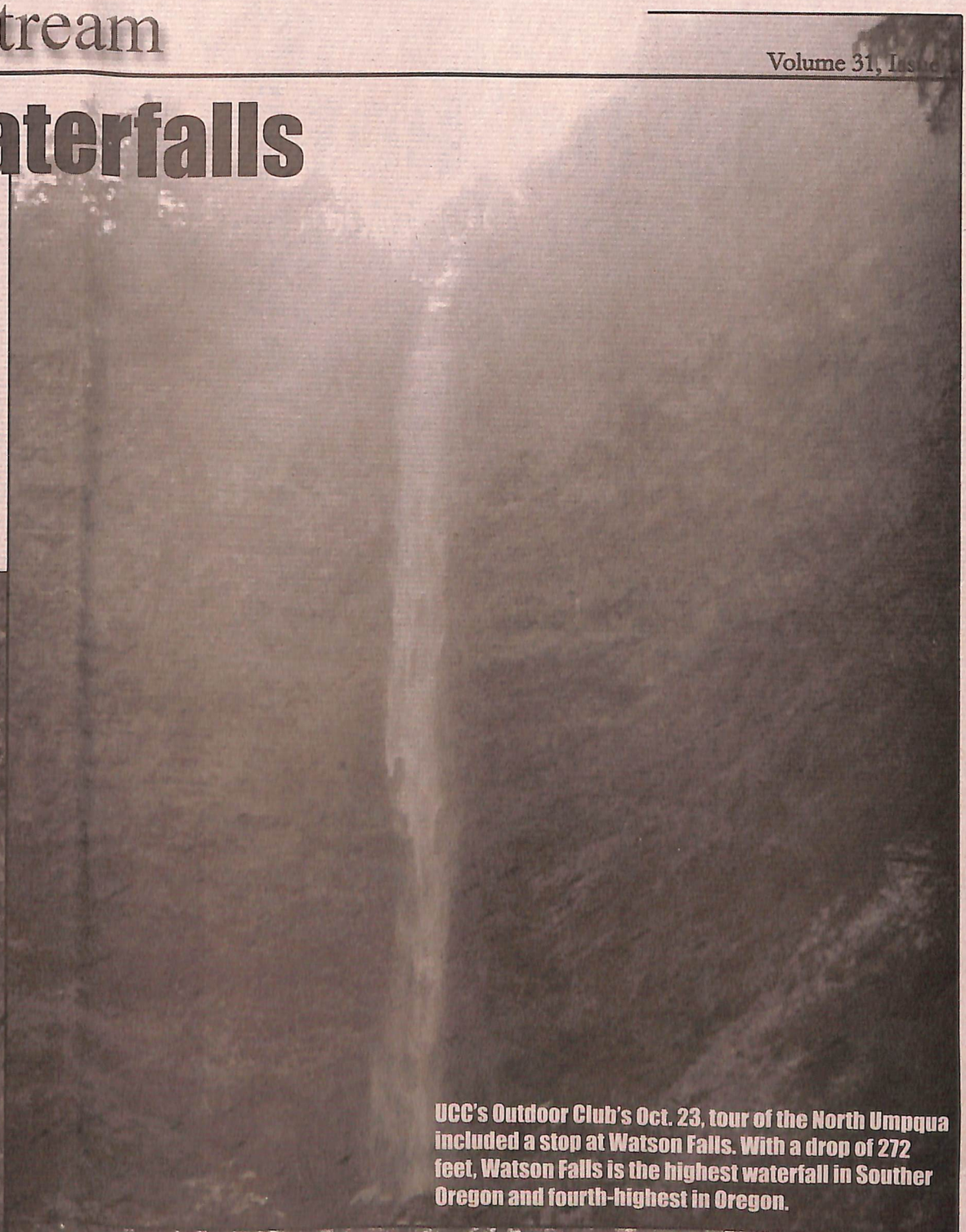
The group, though not officially formed for the 2004-05 school year, was planning to elect

Forrest Leisner/*The Mainstream*

With its double-tier dropping over 120 feet, the Toketee Falls was one of the more impressive sights on the Outdoor Club's tour of the North Umpqua. In Chinook Indian, the word Toketee means "pretty" or "graceful."

was bursting with vivid shades of green. It was a perfect contrast to the small but tranquil Whitehorse Falls with a drop of only 15 feet.

Despite Carloni's setback, the group did get to enjoy many of the hotspots on the North Umpqua River. UCC Student and returning Outdoor Club member



UCC's Outdoor Club's Oct. 23, tour of the North Umpqua included a stop at Watson Falls. With a drop of 272 feet, Watson Falls is the highest waterfall in Souther Oregon and fourth-highest in Oregon.

before heading to the waterfalls. This area is notable because the North Umpqua River and Little River collide head on. During this time of the year, the water coming from the Little River is noticeably dirtier. Carloni told us the vast difference in the water color was due to logging.

After the stop at Colliding Rivers, the group visited Watson Falls. With a drop of 272 feet, Watson is the highest in Southern Oregon and the fourth highest in Oregon. The high

group meetings after the tour, but disaster struck shortly after the second stop. A punctured tire at Clearwater Falls caused an early departure for Carloni and left the group to their own devices.

The remaining outdoor enthusiasts set off for Toketee Falls, Whitehorse Falls and the Umpqua Hot Springs.

With a double-tier, the Toketee Falls was a gorgeous sight. Dropping a total of 120 feet over columnar basalt, the fall

the first club excursion. "I loved the trip. We [Outdoor Club] alway take great trips. We have been to a lot of great places."

The Club is planning to form sometime during the fall semester. Carloni is planning a trip to Beverly Beach with additional stops at Yaquina Head Park and the Oregon Coast Aquarium on Nov. 20. Students interested in participating in the Outdoor Club should contact Carloni by email at Ken.Carloni@umpqua.edu. •

Forrest Leisner/*The Mainstream*

The Outdoor Club also stopped at Clearwater Falls. Cascading into the Clearwater River, this waterfall crashes down for over 40 feet.

From Bulls to Bikes

Dean of instruction sets goals for new professional tech programs

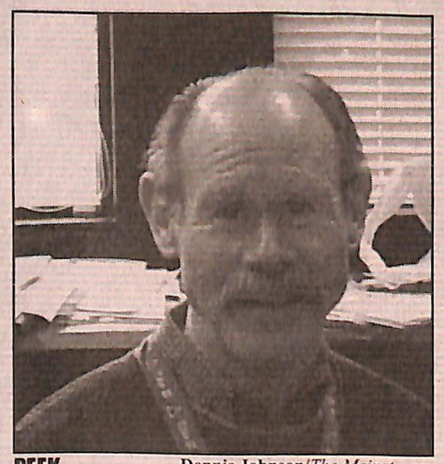
DENNIS JOHNSON
The Mainstream

Fifteen years on 3,000 bulls. He's a rough, tough guy with a big gnarly handshake, the kind of knuckles that a man notices. When he looks at you, you've got 100 percent of his attention, but it is as if he is still moving even though you swear he's standing still. The new dean of instruction has been a teacher, administrator, business trainer, director, a South American program developer and, never forget, a bull rider. He's had the broken bones to prove it.

Next to his grandson whom Terry is raising, he is most proud of a 2003 Harley-Davidson 100 Anniversary Road King Classic that he loves to ride at any given occasion, and what motorcycle aficionado could blame him?

Terry hails from that great state of Texas where he was born and reared on a farm by the man whom he, without hesitation, describes as his childhood hero. Terry says that his dad was a man who "had a third grade education but was a lifelong learner, a great guy with the highest integrity, but humble and a giver."

At Texas A & M University, Terry managed a for-profit 900 acre university teaching and research farm as well as advising the college rodeo team. Terry also got to know owner Tio Kleberg of the famed King ranch that produced Mr. San Peppy and Little Peppy, two of the top cutting horse stallions of all time.



PEEK

Dennis Johnson/*The Mainstream*

His goals here on campus are straightforward: to work hard, develop new programs and ensure students a good, quality education. He also believes that serving the board, faculty and staff, students and the community is where "the rubber hits the road."

With a background in teaching and administration, plus thirteen years in private industry, Terry knows what the private sector is looking for in potential employees, a much broader perspective in graduates than colleges generally produce today.

By and large, he believes that industry and colleges are going in different directions. He would like to change that; preparing students to properly enter the workforce is one of his main priority's.

While working for Esso Inter-America as an assistant director, he spent three years in Barranquilla, Columbia. Terry really enjoyed the experience of learning and getting to know a different culture and language. "I also learned that people in the U.S. think they have it figured out, but the right answer here is not the right answer in other countries." During his stay in Barranquilla, Terry learned to speak fluent Spanish.

On his travels, Terry had driven through our area and wondered what it would be like to live here, so when he saw this position open up after Dale Bryson retired, he applied for it. "I was aware that it was a solid two-year community college and that it had potential and challenges." He believes that luck played a large part in his landing the position.

The Dean of Instruction offers advice to students: "The answer to a better life is through educational achievement; you are exposed to things in an educational setting that others are not."

His message to faculty and staff is, "You may not see me every day, but I'm always back here plugging away, and I realize how wonderful of a team we have here."

Terry's hobbies include (no, not bull-riding, he gave that up awhile ago) woodworking, some golf occasionally, and riding that motorcycle.

Terry has a Ph.D. in Vocational Education/ Administration from Colorado State University, Ft. Collins, Colorado. He has also earned a Masters degree and a Bachelor of Science in Vocational Education from Sam Houston State University, Huntsville, Texas. •

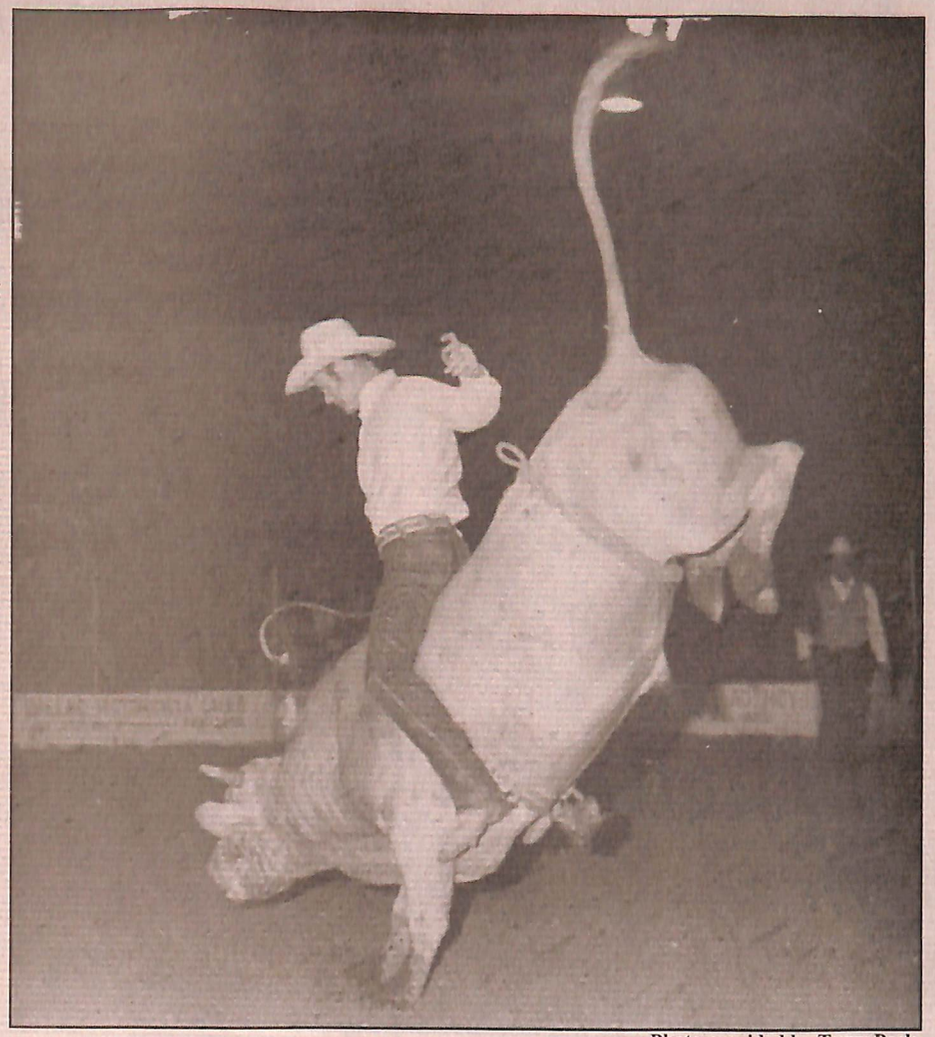


Photo provided by Terry Peek

New Dean of Instruction, Terry Peek rides Bayou Bill at a rodeo in Mesquite, Texas in 1969.

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What's happening

Novermber 5 — December 1

HEATHER McCASLAND
The Mainstream

• Come watch the 3 x 3 coed student basketball tournament Nov. 5 from 11 a.m. to 2 p.m. in the gym. Each team paid $3 for admission, and $1 was taken off for bringing 3 cans of food for the food drive to benefit the Douglas County Food Bank.

• Get your new releases at your local video store. "Shrek 2" has a special release date on Friday, Nov. 5. "The Clearing" and "Stepford Wives" come out Tuesday, Nov. 9.

• Fight Night at Seven Feathers will be held Saturday, Nov. 6 at 7:00 p.m. Doors open at 6:00 p.m. Tickets are on sale at the Seven Feathers box office (1-800-548-8461 ext. #1334), Safeway TicketsWest Outlets or call 1-800-992-TIXX. Costs range from $19-$39.

• The Umpqua Modern Dance concert will be held in Jacoby Auditorium on Saturday, Nov. 6 at 7:30. Tickets cost $10 and will be available the night of the performance and other local distributors. For more ticket information call 440-4704.

• A performance by Woods Tea Company, a folk musician group, will be in Jacoby Auditorium Monday, Nov. 8, at 7:30 p.m. Adult tickets cost $15 and children's tickets cost $7.50. For additional information call 672-0494.

• Downtown Roseburg presents the Annual Veteran's Day Parade Nov. 11, at 11:00 a.m.

• The Campus Center will be holding a concert on the evening of Nov. 12, featuring three local rock bands. Time and admission price is yet to be announced, and all students are welcome.

• The Beach Bash with Rudy and Rupert of the CBS Survivor Series is Nov. 13 at 6:00 p.m. Tickets cost $50.00 and are available at Safeway, Premier West Bank, and O'Farrells. For more information, call the Winston Visitor Center at 679-0118.

• Umpqua Community College presents Armed Forces Day on Nov. 17. This will be a recruiting day and a day to honor veterans; students or faculty. There will be refreshments in the campus center, and all veterans are encouraged to wear their uniform on campus this day. Here's your chance to bring your stories and awards, and mingle with other veterans.

• Get your raffle tickets for the Thanksgiving Basket Raffle. The first basket is a gift certificate for dinner for two. The second basket will have everything a studentneeds to make thanksgiving dinner including boxed potatoes, boxed stuffing, and a gift certificate for the price of a turkey. Purchase your tickets at the campus center information desk through the give away date which is Nov. 24. The tickets sell 1 for $0.50, or 4 for $1.00.

• Can you make money off of your talents? The campus center will be holding a craft fair on Wednesday, Dec. 1, open to all students who wish to sell what they make. The college will also be inviting some non student vendors to be featured at the fair. Sign up in the campus center at the information desk, or look for flyers around campus for more information.

• Don't forget! In order to register for next term, be sure to stop by the counseling center and get your term by term planner.

• Turn in your donations to the campus center for the canned food and sock drive through the months of November and December. All donations will benefit the Roseburg Rescue Mission. •

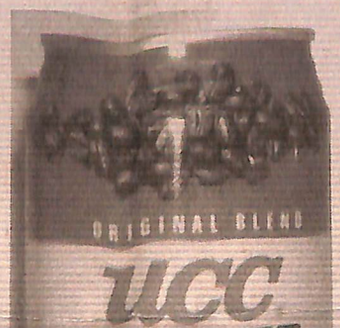
Caffeine is students' drug of choice

Robert Jones/*The Maisntream*

The Cafeteria soda machine provides an opportunity for student

Intake of 500mg of caffeine or more is considered enough to cause caffeine addiction.

Coffee drinkers can easily avoid withdrawal by limiting their daily caffeine intake to fewer than 500 mg per day. It is better to gradually decrease your consumption rather than suddenly stopping. So instead of having a triple shot 20oz espresso drink, try grabbing a 16 oz one or two shot decaf mocha which still has residual caffeine in it. Not all



one cup. A study published in the October issue of the Journal of Analytical Toxicology shows that caffeine levels varied from 58 to 259 milligrams per serving. A single shot of Starbucks espresso had the lowest content with 58mg and a medium cup had 259 mg. Even decaf coffee isn't fully decaffeinated. The study showed that a 16 oz cup of Starbucks decaf still contains 18 mg.

Depending on the type of bean, the roasting and brewing methods and type of grind

Robert Jones/*The Mainstream*

The Campus Cafe offers various caffeinated sodas.

lower risk. The more cups that were drank a day gave a higher percentage of lower risk.

But before you jump the gun and grab your cup of coffee for your lower risk of diabetes, remember that caffeine accelerates

to osteoporosis.

So, even though coffee tastes great and keeps you warm through the cold winter months and the caffeine keeps you going through midterms, remember the

Jillian Dickson to purchase a little extra caffeine for studying

ROBERT JONES
The Mainstream

What makes you get up in the morning? What keeps you going throughout the day? A majority of people, including a majority of students, get their day started by coffee, whether its house coffee or a spendy mocha from Starbucks. After a coffee comes a soda or two during the day and maybe a chocolate bar. What does this all equal? Caffeine addiction.

Everywhere you turn, grocery stores, mini marts, school, work and vending machines on the street, everything is filled with caffeine. Caffeine is used to keep you awake and moving during the day and improve muscle coordination. Caffeine can be found mostly in coffee, but also in non-prescription medications such as pain relievers and cold remedies, tea, chocolate milk and stay awake pills.

Can too much of a good thing be a bad thing? Excessive caffeine use can cause anxiety, sleep problems and muscle twitching or abdominal pain. Those who use caffeine daily or even just a couple times a week are at risk of caffeine withdrawal. Not all people experience withdrawal symptoms. The most common symptom is headaches, sometimes migraines in severe cases. Fatigue, irritability, anxiety or depression, nausea and even a decreased ability to concentrate are also symptoms of withdrawal.

Before you grab your next mocha or other fancy drink from places such as Starbucks, think about how much caffeine is in it. Not all coffee and type of grind all contribute in determining how much caffeine you get.

There is an upside to caffeine intake. It may lower your risk for type 2 diabetes risk. Researchers studying 15,000 men and women who were perfectly healthy found that the risk of type 2 decreased as the amount of coffee drank increased. Men who drank 3-4 cups of coffee a day had a 27% lower risk of diabetes while women who drank 3-4 cups had a 29% risk of diabetes, remember that caffeine accelerates your heart and your breathing speeds up. Also coffee has been blamed for a range of illnesses from heart disease and cancer up through midterms, remember the long term effects caffeine can have on you. •

Former UCC security guard commemorated

ROBERT JONES
The Mainstream

On an unusual sunny day after weeks of rain and clouds, approximately 70 people attended funeral services for former UCC security guard Bee Roberson on Oct. 29. Roberson passed away on Oct. 25 from a massive heart attack.

Friends and family gathered at Taylor's Family Mortuary to honor a man known for love of his work, love of his job and, most of all, love for his family. Roberson always cared for his family. At the service, one of Roberson's brothers recalled back when his younger sister, Ann, went to her first day of school; bee rode the bus with her and walked her to class. During the day he even came back and made sure she had her lunch. His brother added "He was 'The Fonz' before anyone knew who 'The Fonz' was."

Laughter broke out as they talked about his past. His nephew, Brian Gentry, added "we all remember his Trans Am; we thought that was the coolest thing." He loved to travel; he joined the military shortly after marrying his wife, Ginny on Dec. 26, 1958. He served in the Armed Forces in Germany and the United States. He retired from the service in 1980. He also loved collecting eagles and he was an avid Atlanta Braves and Dallas Cowboys fan. He worked as UCC's security guard for 17 years, retiring in April of 2003.

Roberson was kind hearted to everyone during his 17 years at UCC. If you locked your keys in your car, he was there to help. He also loved telling people where to park. Cheryl Macdonald recalled a time when he found a baby turkey on campus and reunited it with its mother.

Bee David Roberson, 68, is survived by his wife of over 45 years, Ginny of Winston. A son, Charles Roberson of Winston; his mother, Grace Roberson of Mt. Vernon, Wa. He is also survived by six brothers and sisters; one granddaughter, Megan Roberson of Winston, as well as many nieces and nephews. He was preceded in death by his father, Grady Roberson, who passed away in 1997. •

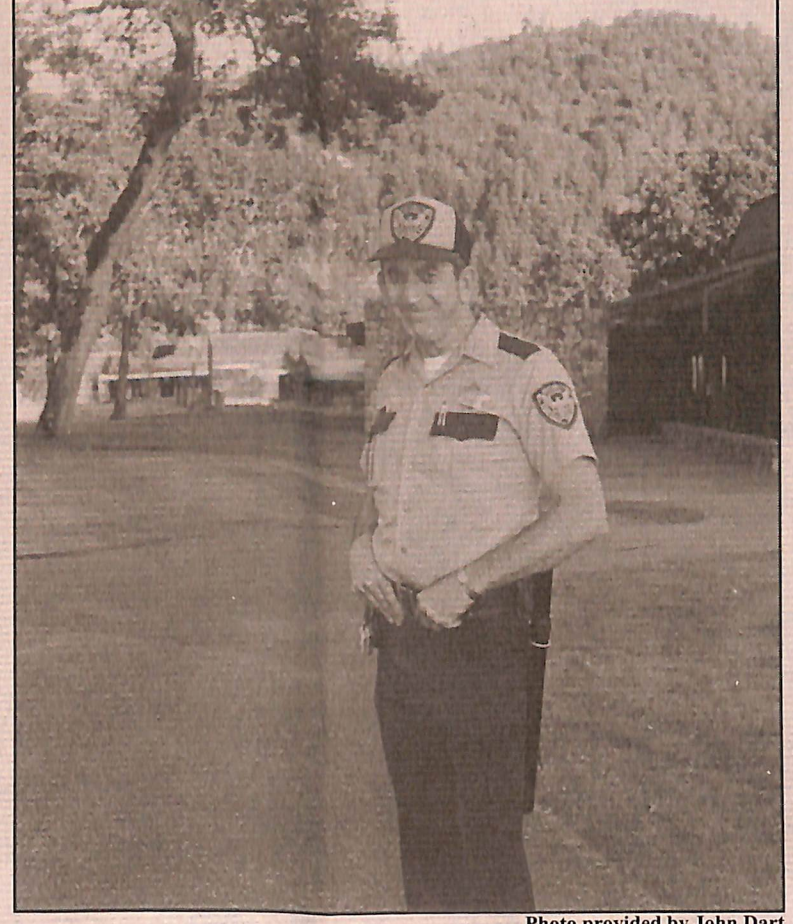


Photo provided by John Dart

Bee Roberson stands in his security guard uniform

U.S. Bank salutes the spirit of athletic achievement.

Teamwork is essential to winning. Which is why at U.S. Bank, every banker is committed to working together to provide you with the highest levels of service each and every day – in all areas of the Bank. It's all part of our exclusive Five Star Service Guarantee that backs our wide selection of sound financial products and services. It's also why we're committed to supporting the spirit of teamwork and athletic achievement throughout our community.

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Campus Café

UCC Deli - *Campus Center*

***Deli Hours:** Monday-Friday 7:30 a.m. - 2 p.m.
***Vending Machines:** available after hours - Campus Center
(coffee, sodas, snacks, sandwiches...)

Coupon for:

50¢ off daily lunch special!

Good through 6/11/05

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The Mainstream

Volume 31, Issue 1

Winter driving safety tips

DENNIS JOHNSON
The Mainstream

As winter approaches, motorists need to be more aware and safety conscious.

Road rage-AAA Foundation for Public Safety researched more than 10,000 incidents of violent aggressive driving committed between 1990 and 1996. According to the study, 218 people were killed and 12,610 were injured. The study also found that the violence was sparked for minor reasons.

The following principles from AAA Oregon will help.

Don't offend:

1. *Cutting Off:* Don't cut off other drivers: make sure that you have plenty of room and use your turn signals. If someone cuts you off, slow down and give them room to merge.

2. *Driving Slowly In the Left Lane:* If you're in the left lane and someone wants to pass, move over even if you're traveling at the speed limit.

3. *Tailgating:* Allow at least a 2-second space between you and the car ahead. If you think the car ahead is going too slowly and you are unable to pass, slow down to allow more following distance.

4. *Gestures:* Almost nothing angers drivers more than obscene gestures. Keep your hands on the wheel; avoid making gestures that may anger the other driver. Even "harmless" expressions of irritation, such as shaking your head, can incite aggressive behavior.

Don't Engage:

1. *Steer Clear:* Give angry drivers lots of room. If the driver tries to pick a fight, put as much distance as you can between you and the other car. Don't pull off the road and try to settle things "man-to-man.

2. *Avoid Eye Contact:* If another driver is acting angry with you, don't make eye contact. Looking or staring at the other driver can escalate into a personal duel.

3. *Get Help:* If you believe the other driver is trying to start a fight, get help. If you have a cell phone, call the police. Otherwise, drive to a place where people are around, such as a police station, shopping center or a convenience store. Using your horn to get someone's attention will discourage the aggressor. Don't get out of your car; Don't go home.

Adjust your Attitude:

1. *Forget Winning:* Don't race the clock; give yourself plenty of extra time to travel and relax.

2. *Put yourself in the other drivers shoes:* Don't judge the other driver; try to understand why they are driving aggressively. Stay calm; don't take the other driver's actions personally.

3. *If You Think You Have A Problem, Seek Help:* A course or self-help book on anger management or stress reduction can help you change your attitude. •

Literary volunteers needed

Can you help someone reach for the stars? Many Douglas County residents are trying to earn their GED or high school diploma so that they can improve their earning and educational potential. Others are trying to grasp basic English so that they can be productive in society. Tutors are needed to help these individuals achieve a higher level of literacy.

People who have a desire to give something back to their community, have at least a GED or high school diploma, can relate well with others, and can communicate without looking down on those less educated, are perfect for the job according to the UCC Adult Basic Skills department. The department is looking for new helpers to join their staff of volunteer tutors. Workers will be provided with the necessary training and support to efficiently help others. The next training session will be held Nov. 5 and 6 from 9–4 pm. Contact Robin Pelham at (541) 440-4603 for more info.•

The freshman 15 fable deflated

LACEY McKIM

the foods they like (usually not

natural foods as possible is an excellent idea when making

Literary Lair

Domestic Light

Cottonwoods along the Umpqua
release tufts that drift, airborne, one
after another, ferrying a sole
passenger, speck of grit, meant
to home in the richest soil

though most wander, vagrant
until brought to some stone end.

Unrelenting, like nets and threads floating
in the eye's cloud chamber, almost constellations
unless I turn my glance aside. Yesterday

was Holy Saturday, hot and still
waiting while Hell
is visited one day
for which there is no liturgy.

At the coast, the Pacific
flecked with spittle, waves swollen, meant
a storm fought far from our sight.

A child in summer-bright
armor battled the edge of the sea.

As we walked through light suggesting happiness
ignoring the ossuary
of bleached logs all around us, and someone
claimed this his
field of agate to mine for spoils

other children joined our first young
guardian to parry the tide
that pulsed, a never healing wound.

Today the sun rose yet from the riverbank
an unyielding assault like ash
from what fires, or tears
for what loss.

by Nancy Nowak

The freshman 15 myth, the popular rumor that college freshman, females in particular, gain 15 pounds during their freshman year, is indeed real.

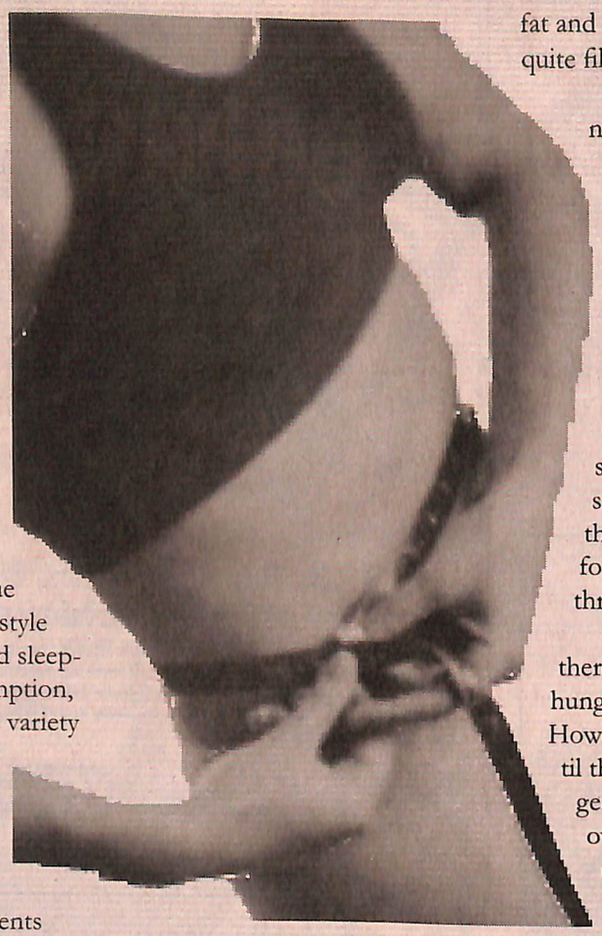
There are realistic causes of this documented phenomenon and therefore ways to avoid the 15, for those readers who find this article too late for prevention.

The more scientific reason for the freshman 15 is maturation. Some students mature later and as a result gain weight in the hips and thighs as they "bloom." While this is a natural and normal process that shouldn't concern a soul, it is assisted by the typical college lifestyle, which turns it into an issue of concern. This new lifestyle consists of odd eating and sleeping hours, alcohol consumption, less exercise and a limited variety of food choices or a change in food available for those leaving home for the first time.

Activity level is another contributor, as students begin to focus more on rigorous academic schedules rather than their previous exercise routines. This coupled with eating on the run and skipping meals as schedules fill up, adds up to a few pounds here an there that at first go unnoticed, but eventually, when that favorite pair of jeans doesn't seem to fit, are noticed and attributed to the freshman 15 curse.

Weight gain during this stage of life is also closely related to or caused by an increase in levels of anxiety and stress brought on by lifestyle change. In general, stress makes people respond emotionally, and emotion can drastically change a person's eating habits. The response is usually one of two things: either people use food for comfort and overeat (the healthiest items), or they lose weight because they lose interest in food and cannot eat.

According to Binghamton University's online publication, studies have shown that the highest rise in obesity occurred between 1991 and 1998 among the 18-29 year-old demographic.



There was an increase from 7.1 to 12.1 percent that many supposed is directly related to this age group's recent gain in freedom. Most people in this demographic were students, most of whom no longer had parents to keep an eye on their nutritional intake or to control the foods available to them in the dorm cafeteria or in their own personal mini fridge.

Despite all of these seemingly unavoidable life-style changes, there are a few no-brainer tips that anyone can master.

First, finding a regular time to eat is key. In addition, remembering to eat slowly really helps. This allows your stomach to feel fuller without eating as much and therefore prevents overeating.

Second, staying as close to excellent idea when making dining decisions. A focus on whole grains, fresh fruits and the ever popular diet option, the salad, is healthy. Eating foods like these on a regular basis allows some room for those last night pizza runs and ice cream binges. Also, students should not forget to drink milk. Milk is full of healthy fat and calcium and tends to be quite filling.

Dieting, shockingly, is not healthy. Students who find themselves gaining weight should cut back on the number of times they eat during the day and change the size of their meals instead of immediately going on a diet. Another trick is to eat a larger breakfast, smaller lunch and even smaller dinner. Doing this, burns off the bulk of food intake (the breakfast) throughout the day.

And last, remember there is no harm in being hungry for a short while. However, people who wait until they feel famished to eat, generally find themselves overeating. To keep hunger down, fat intake should not be cut too low. (This creates more feelings of hunger in shorter periods of time.)

Unfortunately, even with these tips and extra nutritional information, the dreadful freshman 15 is ALMOST unavoidable without out making a good amount of effort and change. Mental and emotional stress, hectic schedules and hefty amounts of available food surround freshman, making the freshman 15 more of a curse than a myth.

The best thing to keep in mind is that a change in lifestyle usually generates a change in appearance, voluntary or not. A little adjustment here and there and remembering that even after the addition of a few pounds… life definitely goes on, should help. •

by Nancy Nowak

Untitled

Sparkling frost
Trees in the wind
Ripples of deception
A day without sin

Blood on stained glass
Rust on a statue
Churning of a soul
Fidelity is untrue

Water stained ceilings
A picture torn in half
Decisions feed destruction
A life without a path

Mascara run with tears
A cigarette still lit
The passion in betray!
All the memories are spent

Living for today
A life without tomorrow
Burning up with hate
The broken glass of sorrow

by Joseph Miller

Where is the value
in the blue of a winded sky
clouds pushed thin out on a western line

The garden song morning sunshine sings,
or the soft ache that palest pink
brings to petals small and sweet?

Who says the worth to ten thousand
shades of summer, fall, and winter green
the tints of skin Nature dresses in?

When do we stop along the way
from slow to skill to masterpiece
and say "Aha! Now is the portrait done, complete"?

The value, the value
of treasures loved
with heritage and history, heartache too.

Whatever coin of love one pays,
whether the giver, the gift, or the craftsmanship,
beauty clothes the soul that made,
the heart that thought,
the hands that wrought.

Commerce does not always stop
at the charm of nature's door.
But oh, the willing spirit sought and found.
Oh, the plunder of a fortune's store of joy.
Oh, Beauty.

by melinda benton

If you would like to submit short fictions, essay or poems to the **Literary Lair,** please see *The Mainstream* masthead (page 2) for submission guidelines.